PennPeers is an innovative pilot program that provides confidential peer support for Penn Medicine faculty and physicians. PennPeers volunteers are Master Clinicians trained in providing peer support rooted in authenticity, empathy, and evidence-based principles. PennPeers will normalize and bear witness to your stressors, drawing from their lived experiences and experiential knowledge.

**Patient Care**
- Task Overload
- Sentinel Event Debriefing
- Named in Malpractice Suit
- Stressful Patient Encounter
- Connecting with Patients
- Charting/Paperwork
- Medical Error

**Academic Responsibility**
- Promotion
- Career Trajectory
- Community Engagement
- Appointment + Reappointment
- Research Brainstorming
- Teaching Practices
- Track Changes

**Work/Life Balance**
- Boundary-Setting
- Stress Management
- Conflict with a Colleague
- Microaggressions at Work
- Prioritizing Tasks + Goals
- Time Management
- Family Dynamics

**easily accessible and on your terms**

<table>
<thead>
<tr>
<th>Virtual</th>
<th>Relatable</th>
<th>Productive</th>
<th>Confidential</th>
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<tbody>
<tr>
<td>1:1 Appointments</td>
<td>Nonjudgmental</td>
<td>Strategizing</td>
<td>Committed to Confidentiality</td>
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<tr>
<td>30 Minutes</td>
<td>Empathetic</td>
<td>Brainstorming</td>
<td>Highest Level of Integrity</td>
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<td>BlueJeans</td>
<td>Human-Centered</td>
<td>Resources</td>
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**let's get connected**

pennpeers@pennmedicine.upenn.edu | www.penncobalt.com | scan the QR code below